



Anderson Township Senior Center
7970 Beechmont Ave.
Anderson Township, OH 45255
AndersonTownshipOH.gov/senior-center

*Check out event and program information on Facebook:
[FriendsofAndersonTownshipSeniorCenter](https://www.facebook.com/FriendsofAndersonTownshipSeniorCenter)*

The Anderson Township Senior Center will be closed April 15.

Weekly Schedule - Anderson Township Senior Center Hours 9 a.m. to 2 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 a.m.			Water Colors	
9:30 a.m.	Silver Sneakers Cardio Oil Painting	Silver Sneakers - Strength and Balance	Silver Sneakers Yoga	Silver Sneakers Cardio
10 a.m.	Beginner Bridge	Coffee Chat Zoom Blood Pressure New Euchre Group - (first & third Wednesday)	Bridge	
10:30 a.m.				Tai Chi with Jennifer (Not on last Friday of the month)
11 a.m.	Better Balance Safer You-Instructor George		Better Balance Safer You-Instructor George	
11:30 a.m.	Lunch	Lunch	Lunch	Lunch
12:00 p.m.	Quilting			
12:15 p.m.	Line Dancing			
12:30			Creative Circle	

March/April 2022

SENIOR Lifestyle

A PUBLICATION OF THE ANDERSON TOWNSHIP SENIOR CENTER

Spring is in the Air - Come Grow with Us!

The Anderson Township Senior Center offers many ways to learn and grow. In March and April, you can:

- Learn Euchre or Bridge
- Learn to use your cell phone or tablet
- Read and discuss novels
- Compete woodworking projects
- Learn about estate sales
- Learn memory strategies
- Make watercolor paintings
- Learn to play MahJong
- See Broadway shows
- Learn line dance
- Learn stories about Apollo 11
- Exercise
- Learn CPR
- Learn Tai Chi
- Work puzzles
- Listen to live music
- Make greeting cards
- Meet new friends



Don't Miss These Special Events:

- March 1: Fat Tuesday Lunch
- March 17: St. Patrick's Lunch
- March 15 and April 19: Brain Health Series on Memory and Independence
- April 4: Fly to the Moon with Dean Regas – Apollo 11 Stories
- April 21: April Birthday Party

Cincinnati Pops – JMR's Greatest Hits

Sunday, May 1 • Time: 2 P.M. Music Hall

Cost: \$55

John Morris Russell celebrates 10 years as conductor of the Pops Orchestra. This concert includes guest artists and music from every genre. Leave ATSC at 12:45 P.M. Wear a mask; vaccination card and picture ID required. For more information visit cincinnatisymphony.org/safety.

*As you grow older, you will discover you have two hands,
one for helping yourself, the other for helping others.*

— Eric Hoffer

Mission Statement • Through its operation of the Anderson Township Senior Center, Anderson Township will further its ongoing mission: *“To provide services which protect and enhance the quality of life in our community.”*
AndersontownshipOH.gov/senior-center

HOURS
Monday-Friday
9 a.m.-2 p.m.
PHONE
513.474.3100

Claire O'Connell
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Member Services Coordinator
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Memory Café - Tuesday, March 1 • Time: 10:30 A.M.

Memory Cafes are comfortable gatherings that allow people with dementia and their care partners to socialize and engage in activities in a safe welcoming environment. Reservations requested by February 23.

Fat Tuesday Celebration

Tuesday, March 1 • Time: 10:30 A.M.

Join us for beads, King Cake, music and more!
Enjoy the sounds of Ricky Nye, a member of the Boogie Woogie Hall of Fame. Sign up by February 23.

Euchre Card Club

Wednesdays-March 2 and March 16 • Time: 10 A.M.

All levels are welcome to attend.

Country Music with Drake

Wednesdays-March 2 and March 16 • Time: 10:30 A.M.

Technology Support – Turpin High School Juniors Helping Seniors

Thursday, March 3 • Time: 3:15 P.M.

Topic: You are never too old to learn! All about free and paid online classes to learn almost anything. Bring your cell phone, tablet, or laptop to receive assistance with questions.

Folk Music with Dave Sanders

Friday, March 4 • Time: 10:30 A.M.

Learn to Play Mahjong

Tuesday, March 8 • Time: 10:30 A.M.

Have you heard about this fun but challenging board game? Developed in 19th century China, this game is similar to solitaire and rummy. Come learn the basics!

Book Blitzers Movie

Wednesday, March 9 • Time: 11:15 A.M.

Come enjoy a movie! Title to be announced.

Greeting Card Class with Beth

Thursday, March 10 • Time: 10:30 A.M.

Make reservations early for this popular class.

Cost: \$2.

Flute Music with Mark Huffman

Thursday, March 10 • Time: 10:30 A.M.

Piano Music with Annie

Fridays- March 11 and 25 • Time: 10:45 A.M.

Blue Moon Estate Sales – How to Downsize

Monday, March 14 • Time: 10:30 A.M.

This locally owned company has conducted more than 2,500 estate sales. They do all the work, including set up, pricing, conducting the sale and clean up. Learn more about this service.

Brain Health Series-Topic: Wes Grimes, MA, CCCP – Strategies to Help Memory and Focus

Tuesday, March 15 • Time: 10:30 A.M.

Learn easy ways to improve your ability to maintain focus and memory in a variety of settings and situations.

Broadway Series - Ain’t Too Proud: The Life and Times of the Temptations

Wednesday, March 16 • Time: 7:30 P.M. at the

Aronoff Theater. Cost \$55.

The electrifying, new smash-hit Broadway musical that follows The Temptations’ journey from the streets of Detroit to the Rock & Roll Hall of Fame. Leave from ATSC at 6:15 P.M. Masks and proof of vaccination are required. For the Aronoff COVID policies go to cincinnati.broadway.com/health/#audience.

St. Patrick’s Day Birthday Party

Thursday, March 17 • Time: 10:30 A.M.

The luck of the Irish will be with those celebrating March birthdays! Join us for authentic Irish entertainment, great food and fun! Sign up by Monday, March 14 and wear green! Dessert sponsor: Provision Living at West Clermont.

Independent Living Services – What Meals on Wheels Can Offer You - Friday, March 18 • Time: 10:30 A.M.

Monica Hamilton from Meals on Wheels of Southwestern Ohio and Northern Kentucky will discuss how this program provides more than delicious meals. Services include pet support, home meal delivery and daily check-ins, transportation and personal financial management.

Cincinnati Pops – Respect: A Tribute to Aretha Franklin

Sunday, March 20 • Time: 2 P.M. • Leave the ATSC at

12:45 P.M. for Cincinnati Music Hall. Cost \$55.

The Cincinnati Pops join with three powerhouse vocalists to pay R-E-S-P-E-C-T to Aretha Franklin. Celebrate the life and music of the Queen of Soul. Mask and proof of vaccination required. For Music Hall’s COVID policies, go to cincinnati-symphony.org/safety.

History Presentation by Diane Shields

Monday, March 21 • Time: 10:30 A.M.

Learn about the mysterious disappearance of band leader Glenn Miller. His plane vanished over the English Channel and he was never seen again.

CPR Class - Tuesday, March 22 • Time: 10:30 A.M.

Anderson Township Fire and Rescue paramedics will provide basic CPR training. Learn how to save a life and make a difference.

Junk King – Ecofriendly Recycling

Wednesday, March 23 • Time: 10:30 A.M.

This local company provides services to help people remove unwanted items from their homes, including furniture, appliances, hot tubs and more. Junk King donates the items to area nonprofits and recycles the rest.

Seldom the Same

Thursday, March 24 • Time: 10:30 A.M.

Meet at Belterra Casino – 6301 Kellogg Road

Thursday, March 24 • Time: 11 A.M.

Must make reservations in person at the ATSC front desk by March 17. No phone reservations taken. Valid ID required to receive \$15 promotional dollars on your player’s card.

Book Blitzers Book Club

Monday, March 28 • Time: 12:30 P.M.

Discussion of the non-fiction book *The Doctors Blackwell*. Copies available at the front desk.

Lunch Bunch – Hibachi Master Japanese Steak House

Wednesday, March 30 • Time: Noon

Meet at Hibachi Master, 8160 Beechmont Ave. for lunch. We will sit around 6-foot grills and watch a master Hibachi chef artistically cut, flip and cook your food!

Folk Music with Dave Sanders

Friday, April 1 • Time: 10:30 A.M.

Dean Regas – Fly Me to the Moon!

Monday, April 4 • Time: 10:30 A.M.

Our favorite local astronomer, Dean Regas, takes you on a journey to the moon and back on Apollo 11, through pictures, videos and behind-the-scenes anecdotes.

Memory Cafe’ - Tuesday, April 5 • Time: 10:30 A.M.

Memory Cafes are comfortable gatherings that allow people with dementia and their care partners to socialize and engage in activities in a safe welcoming environment. Reservations requested by April 1.

Country Music with Drake

Wednesdays- April 6 and 20 • Time: 10:30 A.M.

Euchre Card Club

Wednesdays- April 6 and 20 • Time: 10 A.M.

All levels are welcome to attend.

Technology Support – Turpin High School Juniors

Helping Seniors- Thursday, April 7 • Time: 3:15 P.M.

What are the best Smart Devices to buy now?
Recommendations given for laptops, tablets, and phones to buy. Bring your cell phone, tablet, or laptop to receive personalized assistance with any questions you may have.

Piano Music with Annie

Fridays- April 8 and 22 • Time: 10:45 A.M.

Ohio Council on Aging Presentation

Monday, April 11 • Time: 10:30 A.M.

Learn about this nonprofit organization dedicated to enhancing the quality of life for older adults, their families,

and caregivers. They promote choice, independence, dignity, and well-being through a large range of services that help people remain in their homes.

Brookdale Kenwood Tour and Lunch

Tuesday, April 12 • Time: 11 A.M.

Meet at Brookdale Senior Living, 9090 Montgomery Road, to visit, ask questions, and enjoy lunch. Sign up by April 5.

Shower or Bath Scrub Class

Wednesday, April 13 • Time: 10:30 A.M.

Join a lesson on making bath scrubs, a great product to exfoliate your skin. You’ll make and take home your own bath scrub. Bring a one or two-cup covered container. Register by April 6.

Book Blitzers Movie

Wednesday, April 13 • Time: 11:15 A.M.

Come enjoy a movie! Title to be announced.

Greeting Card Class with Beth

Thursday, April 14 • Time: 10:30 A.M.

Make reservations early for this popular class.

Cost: \$2.

Flute Music with Mark Huffman

Thursday, April 14 • Time: 10:30 A.M.

History Presentation by Diane Shields

Monday, April 18 • Time: 10:30 A.M.

Learn about the Doolittle Raid, on April 18, 1942, exactly 80 years ago to the day! This operation was an air attack by the U.S. on Tokyo and other places during WWII.

Brain Health Series

Tuesday, April 19 • Time: 10:30 A.M.

Shannon Braun, director of the Center for Memory Support and Inclusion, provides information on dementia and other cognitive impairments.

April Birthday Luncheon

Thursday, April 21 • Time: 10:30 A.M.

Help celebrate April birthdays! We’ll enjoy delicious food, fun and entertainment from Seldom the Same. Sign up by Monday, April 11. Dessert sponsor: Anthology of Anderson Township.

Book Blitzers Book Club

Monday, April 25 • Time: 12:30 P.M.

Discussion of *Ordinary Grace* by William Krueger
Books available at the front desk in April.

A Day Out in Historical New Richmond

Wednesday, April 27 • Time: 11 A.M.

Meet at the Front Street Café for a lunch overlooking the Ohio River. Browse in nearby shops after lunch.